



## **Avocado Tuna Salad**

### **Ingredients**

**5 oz. can of water packed albacore tuna, drained**  
**1/2 of a medium avocado, diced**  
**1 mini cucumber, diced**  
**1/3 cup of diced red onion**  
**2 tbsp of yellow or dijon mustard**  
**1 tbsp chopped walnuts or pecans (optional)**  
**1/4 tsp dried dill (optional)**

### **Instructions**

**Mix the tuna and avocado together well. Then add remaining ingredients. Serve over 2 cups of baby spinach and top with sliced grape tomatoes. OR serve with celery sticks, carrot sticks or sliced cucumber. Easy, filling and delicious!**

**Makes 1-2 servings.**

**Recipe by Tricia Collins**